

**IN THE ABSTRACT:**

**ABSTRACT OF THE DISCLOSURE**

A refrigerating and air-conditioning system ~~is provided to comprise~~ includes a refrigerating machine connected to a showcase by a first refrigerant flow passage ~~to form a refrigerating apparatus~~, an air-conditioning apparatus for connection of an indoor equipment and an outdoor equipment by means of a second refrigerant flow passage, which forms a different refrigerant circuit from a refrigerant circuit formed by the first refrigerant flow passage, and a centralized control unit for controlling ~~actions of the refrigerating machine and the air-conditioning apparatus~~, the centralized control unit ~~being configured~~ to reduce a cooling operation set temperature in the air-conditioning apparatus relative to a fixed value according to a load on the showcase. ~~With such constitution, when~~ When a load on the showcase increases, an indoor temperature is reduced by the air-conditioning apparatus, ~~which is relatively high in operating efficiency and small in energy consumption~~, so that a load on the showcase is reduced, reduction in operating efficiency of the refrigerating machine is suppressed, and an improvement in energy saving quality is achieved.